



MEDIA ADVISORY

FOR IMMEDIATE RELEASE

June 14, 2010

MEDIA CONTACTS

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WALK WITH FIRST LADY OF INDIANAPOLIS WINNIE BALLARD THIS WEDNESDAY

THREE-WEEK WALKING SERIES AT NORTHWESTWAY PARK PROMOTES HEALTH AND WELLNESS

INDIANAPOLIS – (June 14, 2010) Explore Northwestway Park with First Lady of Indianapolis Winnie Ballard on Wednesday as her three-week walking series to promote health and wellness continues! Experience how walking can contribute to a healthy lifestyle. The series is free and open to all ages. The walking course offers a 1.6-mile loop or 3.2-mile distance.

Walk with Winnie supports Get Fit Indy! Mayor Ballard's Kids Fitness Challenge, which encourages youth to be active 60 minutes a day and eat healthy foods. Go to www.indy.gov/kidsfitnesschallenge for more information.

WHO:

FIRST LADY OF INDIANAPOLIS WINNIE BALLARD

WHAT:

WALK WITH WINNIE

WHERE:

NORTHWESTWAY PARK, 5253 W. 62ND ST.

WHEN:

WALKS BEGIN AT 8 A.M., JUNE 16, 23, 30

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